

# eMental Health Online Wellness Tools



## MINDWELL-U

A free online 30 day challenge that takes just five minutes a day, and can be accessed anywhere and on any device.

You can also access live and recorded sessions on various mindfulness topics.

[Click here to sign up](#)



## THERAPY ASSISTANCE ONLINE (TAO)

A free and private online resource available to Nova Scotians.

It includes interactive activities and videos for people having challenges with their mental health.

[Click here to sign up](#)

## WELLNESS TOGETHER CANADA: MENTAL HEALTH AND SUBSTANCE USE SUPPORT

Free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

[Click here to access](#)



## GAMBLING SUPPORT NETWORK

Online support for those experiencing gambling problems and/or harms.

[Click here to visit their website](#)

